

## Food Facts and Fables

If you've ever tried to lose a few pounds or improve your diet, you know how much conflicting information there is out there in terms of what to eat, how much to eat, when to eat and how often to eat. Fad diets and quick-fix approaches sell plenty of books and DVDs, but the best way to answer your food-related questions and find out what's best for you is to learn facts and fables about food. Here are a few:

**Fable:** Eating fat makes you fat.

**Fact:** Just as consuming certain wonder foods won't magically melt fat off your thighs, eating food that contains fat isn't a guarantee that you will instantly gain weight. Eating more calories than you burn off will end in weight gain. In order to maintain optimal health, you need fats in your diet.

**Fable:** Carbohydrates are bad for your health and cause weight gain, and therefore should be avoided.

**Fact:** For the purposes of weight loss, the proportion of carbohydrates, fat and protein consumed is not as important as the total caloric intake versus caloric output. However, foods rich in fiber and protein tend to be the most filling which can cause a decrease in the amount of food and calories consumed.

**Fable:** Skipping meals is a good way to lose weight.

**Fact:** In theory, keeping everything in your diet the same and skipping one meal will help you lose weight. But skipping a meal will cause your eating pattern to change and you will most likely overeat and overcompensate later.

### Additional Information

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